



SPRING 2006

Rainier

COMMUNITY CENTER



4600 38th Ave S Seattle, WA 98118

206-386-1919

Fax: 206-386-1904

Visit us at <http://seattle.gov/parks/>

Rainier Community Center

4600 38th Ave South
Seattle, WA 98118
Phone: 206-386-1919 Fax 206-386-1904
TDD Only 206-233-7061

Visit us online at www.seattle.gov/parks!

Hours of operation

Monday & Friday	1 to 9 p.m.
Tuesday – Thursday	11 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday (June 5 – September 11)	Closed

Maintenance Closure

April 17– May 14

Late Night Hours

Friday & Saturday 7 p.m. to Midnight

Program registration

Begins May 16

Program dates

June 20 to September 1, 2005

Holiday closures

Monday, July 4, Independence Day

Monday, September 5, Labor Day

Metro Bus Routes

Routes 7, 39, and 48 stop at Rainier Ave S and S Alaska St (one block west of the center).

Directions

Rainier Community Center is located in Columbia City just east of Rainier Avenue South off of South Alaska Street next to the Rainier Playfield.

North or South on I-5:

- Take the Columbian Way Exit (163).
- Head east until you get to 38th Ave S.
- We are on the corner of 38th Ave S & S Alaska St.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Management Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Parks & Recreation Operations Director
Katie Gray, South Recreation Manager

Professional Staff

Clint Hooper, Recreation Center Coordinator
James Bush, Asst. Recreation Center Coordinator
Michelle Parker, Maintenance Laborer
Maya Williams, Out of School Time Director
Kendra Acklin, Recreation Leader
Ramon Franklin, Recreation Leader
Cara Atchison, Teen Development Leader
Joy Williams, Teen Development Leader
Robert Dampier, Recreation Attendant
Travis Souksamrane, Recreation Attendant

Recreation Leaders: William Hopson, Jerry Lyons

ARC Staff: Alexis Handley, Sentayo Bulbula, Darryl Looke, Andre Franklin, Jorge Williams

Payment

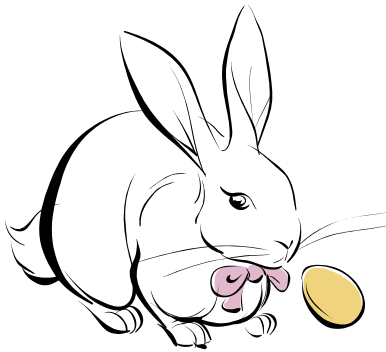
You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Special Events



Spring Egg Hunt

Kids ages 1-10 please join us in an Egg Hunt in the back fields of Rainier Community Center. Come prepared with your own basket or bags for lots of goodies. Look for the golden egg and receive a prize. DRESS FOR THE WEATHER.

Age: 1 to 10

Saturdays

Sat, Apr 15

10 a.m. – Noon

Location: Rainier Back Fields - Weather Permitting

COME FISH WITH US!

Have you ever yelled “**I got one!!!**”? Fishing is great fun, and it’s a sport the whole family can enjoy. Seattle Parks and the Washington Department of Fish and Wildlife bring you the second “Fishing Kids” event at Green Lake on Saturday, April 22 from 9 a.m. to 2 p.m. at Green Lake Park.

Bring your kids and we’ll teach them to fish--we want to introduce more kids to fishing, a life-time sport you can especially enjoy in Seattle with our abundant water. You’ll learn lots about fishing, including water safety, different kinds of fish, how to cast, and what to do with a fish when you catch it.

Every child who participates will receive a T-shirt and a rod and reel to take home, and you’ll even bring home a trout!

To sign up any child from age 5 to 14, just ask for a form at any Parks and Recreation facility, and mail it to the address on it with \$5 for each child participating. We hope to see you on April 22!

Rainier Facility Rentals

Rent Rainier Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc. Contact Rainier Community Center Staff at 206-386-1919 for cost and availability. If Rainier Community Center doesn’t suit your needs, visit the Seattle Parks and Recreation website at www.seattle.gov/parks.

Mar 27 – Jun 18

2006 Youth Education and Job Fair

Youth ages 16 to 21 are encouraged to attend. Come dressed for success, with a prepared resume and ready to interview. Sponsored by Seattle Parks and Recreation, Seattle Human Services Department, and Seattle Housing Authority.

Age: 13 to 19

5:30 – 7 p.m.

Fridays Fri, Apr 14

10 – 2 p.m.

Toddler/Preschooler Programs

Indoor Playground

Rain or shine, come join other families with their toddlers ages 0-5 for indoor playtime.

Instructor: Jorge Williams

Age: 0 to 5

MWF

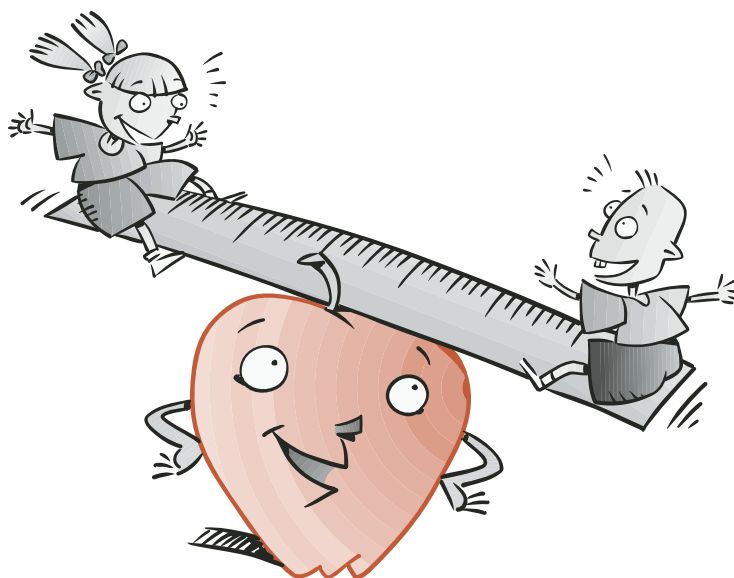
Mar 27 – Jun 18

Fees: \$2.00

Location: Gym #2



Youth Programs



Out-of-School Care/Camps

Childcare/After School - April (#6519), May (#6524), June (#6522)

Ages 5-12

Our after school program provides a nutritious snack, homework assistance, fitness activities, arts & crafts, reading and many other activities to keep your child busy. Space is limited! Register now.

Location: Kidzone Room

Mon – Fri 3:30 – 6:30 p.m.

After School - 5 day \$230.00, After School - 5 day(2nd Child Discount) \$220.00

Childcare/Before School – April (#6519), May (#6524), June (#6522)

Ages 5-12

Our before school program is designed to accommodate early work schedules while preparing children for the busy school day ahead. NO TRANSPORTATION is provided. Space is limited! Register now.

Location: Kidzone Room

#6526 4/3/2006 - 4/28/2006 Mon, Tue, Wed, Thu, Fri 7 am - 9 am

Before School - 5 day \$150.00, Before School - 5 day 2nd Child Discount \$140.00/month

Spring Break Camp

Ages 5-12

During Spring, have your child attend a safe and fun-filled camp at Rainier Community Center. Participants will enjoy arts & crafts, sports activities, cooking, field trips and social recreation. Please provide your child with a sack lunch daily. Breakfast and snack provided.

Location: Kidzone Room

#5337 4/10/2006 - 4/14/2006 Mon, Tue, Wed, Thu, Fri 7 am - 6:30 p.m.

Day Camp - Full Week \$135.00, Activity Fee - 2nd Child Discount \$130.00

Summer Heatwave Daycamp

Ages 5-10

Join Rainier CC for a wild and crazy summer of adventure. Each day will be jam packed with field trips, games, crafts, songs and swimming at Rainier or other nearby parks and community centers. City scholarships available. DSHS certified.

Week 1- LET THE SUMMER BEGIN! Kick off the summer right with a bang! We will be exploring the Rainier Valley area and at the end of the week we will do relays, .

Week 2- RED, WHITE and BLUE, Come show your spirit as we enjoy a week of America's favorite past times including a watermelon feed,

Youth Programs

outdoor fun and games and other RED WHITE AND BLUE activities.

Week 3- SUPER HEROES A week full of super hero activities that will include games, a variety of crafts, painting and exploring your favorite heros.

Week 4- CREEK CRITTERS and AMAZING ANIMALS Explore the animal life as we venture to Seward Park, Remington Farm and do many animal activities and craft projects.

Week 5- SILLY SPORTS Come and show your athletic talent with a week full of mini sports camps, variety of crafts. We will end the week out with a tour of Safeco Field.

Week 6- WACKY WORLD OF WATER How many activities can you do with water? Join us for a week of water fun as we do water relays, swimming in the nearest beaches and pools, and much more!

Week 7- MYSTERY WEEK ????????

Week 8- SURVIVOR FUN FACTOR – Join us for week of challenges and fun.

Week 9- HOLLYWOOD BOUND This week we will be making a movie, a skit or video. We will end the week by going to the Paramount for a production.

Week 10- THE LAST SPLASH We'll be saying goodbye to the summer and hello to the New School Year. We'll end the week with a SUMMER CAMP BBQ, field games and scrapbook sharing.
Instructor: Maya Williams

Age: 5 to 10

Mon – Fri 7 a.m. – 6 p.m. Jun 26

Fees: \$135.00 \$25 deposit and registration begins April 4, 2006

Location: KidZone Room

Athletics

Rainier/Van Asselt Track & Field

Ages 5-17

Track & Field is open to boys and girls ages 5-17. All participants must register at the community center PRIOR to participating in the track program. Registration must include child's birth certificate, youth sports registration form, Athletes For a Better World agreement and payment of fee in full. Registration begins on Monday, February 13.

Location: Outdoor Space

Activity Fee \$35.00

Ages 5-17

#6595 3/7/2006 - 6/22/2006

Tue/Thu 5 – 7 p.m.

#6855 3/7/2006 - 6/23/2006 Tue, Fri 5 – 7 p.m.



Teen Programs

PCC Cooking with Teens

Ages 13-19

Learn the basics of cooking, kitchen safety and food facts with organically grown food.

#7134 3/7/2006 - 6/27/2006 Tue 4:30 – 6 p.m.

Location: Kitchen

Free Courses

Rainier Teen Council

Ages 13-19

The Rainier Teen Council consists of teens that strive to make a difference in our community by organizing activities, volunteering at special events and being strong leaders by helping to educate the community about youth issues. The R.T.C. meets the last Thursday of each month from 6 p.m.-7:30 p.m. New members welcome. Come and help make a difference.

Location: Teen Room

#7180 3/30/2006 - 6/22/2006 Thu 6 – 7:30 p.m.

Free Courses

Late Night Teen Fitness Program

The Rainier Teen Program and Late night provide Health and Fitness workshops with trained staff from the Austin Foundation. Strength, conditioning and weight training are the main focus.

Instructor: Reggie Baker

Age: 13 to 18

Fridays

7 p.m. – Midnight

Mar 27 – Jun 18

Fees: FREE

Location: Multi Purpose Room



**SEATTLE PARKS
AND RECREATION**

ENVIRONMENTAL STEWARDSHIP

Earth Day • 2006

ONE WORLD, MANY PEOPLES, MANY WAYS TO CELEBRATE!

Seattle Parks and Recreation is celebrating Earth Day (April 22) in many ways in every corner of our great city throughout April. Here are just some of the ways you and your family can get involved:

- Worm Bin Composting Workshop, Green Lake Community Center, April 22, 206-684-0780
- Senior Adult Work Party and Luncheon at Carkeek Park, April 18, 206-233-7138
- Join our Teen Earth Arts Camp in Leavenworth, April 7 – 9, 206-684-9270
- Camp Long Movie Night, *Living With Wolves*, April 27, 206-684-7434
- Care for Seattle's urban waterways as a Creek Steward or a one-time volunteer, 206-684-4163
- Organize a Spring Clean neighborhood cleanup event near your home or work, 206-684-0570

For information on other programs, please call Adam Cole at 206-733-9701, or visit the web at: www.seattle.gov/parks/Environment/earth.htm.

JOIN THE GREEN SEATTLE PARTNERSHIP AND HELP RESTORE OUR FORESTED PARK LANDS

Join the Green Seattle Partnership and EarthCorps April 21 and 22 in the West Duwamish Greenbelt as part of a 20-year effort to protect and restore our urban forest. If we don't remove ivy or plant new trees, we will lose our forests within the next 20 years! To sign up, visit www.earthcorps.org. To learn other ways to participate, call Joanna Nelson, Cascade Land Conservancy Forest Steward Program Coordinator, at 206-233-5019 x117. Thank you!

EarthCorps
LOCAL RESTORATION • GLOBAL LEADERSHIP

Teen Programs

Square One

Ages 10 – 14

SQUARE ONE is a program geared towards young men ages 10 to 14 that focus on engaging youth in meaningful and productive activities that will develop their personal, educational, and social skills that will lead to their success in becoming positive contributors to their communities.

A major emphasis of the program is to support youth in being successful in their academics and behavior at school. Registration forms signed by parents required.

Location: Teen Room

#7136 3/27/2006 -

6/23/2006 Mon, Tue, Wed, Thu, Fri 3 p.m. - 5 pm

Free Courses



Teens Teaching Teens

Ages 13-18

Are you interesting in sharing a skill and gaining work experience doing it? Teens Teaching Teen is a wonderful opportunity for youth to plan and prepare themselves for teaching a small class to their peers. Dance, drawing, graffiti art, or whatever you desire to teach. Service Learning Hours and/or stipends can be provided. Please call Cara Atchison to work on a proposal and share your special skills and talents!

Location: Teen Room

#7137 3/27/2006 - 6/19/2006 Mon 4 – 6 p.m.

Free Courses

Teen Fashion Forward

Ages 13-19

This class is an introduction to sewing. Students will learn how to develop mood boards, sketches, and ideas to design their own fashions to present in a fashion show at the end of the program. Some of the concepts covered include: Pinning, threading a sewing machine, winding

a bobbin, straight stitch, zigzag stitch, finishing, and mock sewing fabrics.

Location: Teen Room

#7132 3/30/2006 - 6/22/2006 Thu 4 – 6 p.m.

Free Courses

Life Long Learning & Career Development

Service Learning/Community Service

By mandate of the Seattle Public School District, 60 service learning hours are required of all Seattle Public High School students to graduate. If you are interested in service-learning projects or if you have any questions please contact: Ron Mirabueno, Service-learning coordinator at (206) 233-3979.

Age: Middle / High School Students

Van Asselt / New Holly Teen Program

Seattle Parks and Recreation Leaders and the New Holly Neighborhood Campus host several new classes at the New Holly Neighborhood Campus located at: 7050 32 Ave South Seattle, WA 98118.

Cooking Classes

Nature Consortium Art Classes

Teen Council Meeting - Every last Thursday of the month

Group Talk - Every Tuesday from 3 - 5

High School / Middle School Mentoring Resource Help - Leadership Training and Workshops (TBA)

Special Events - Field Trips (Educational & Fun), Movies, Dances, Etc

Schedule May Be Subject to Change

Contact Joy Williams at 206.669.7105

Adults

Aerobics/Fitness

Meditation

Come and learn the practice of Falun Gong (also known as Falun Dafa). A great way to improve your health and state of mind through 5 sets of peaceful, slow moving exercises and meditation. Appropriate for all ages and experience levels.

Instructor: Tan Truong

Fridays 6 – 8 p.m. Mar 27 – Jun 18

Fees: FREE

Location: Multi-purpose room #2

Yoga

Enter the new year with a dedication to a healthier you! Build your stamina, improve your circulation, flexibility and range of motion. Enjoy a sense of relaxation through a combination of breathing exercises, postures and strengthening exercises.

This class meets Saturdays from 10 am - 11 am beginning January 21.

Instructor: Michelle Tibbs

Age: Adults

Saturdays 10 a.m. – 11 p.m. Apr 1 – Jun 17

Fees: \$40.00 \$8.00 Drop In Fee

Location: Rainier CC

Fitness/ Weight Room

Start your NEW YEAR off right and stick to your fitness goals by visit-

ing our fitness room. Equipment includes free weights and cardio equipment. Fitness room is available during regular community center hours.

Age: 18 and over

Mon – Fri 11 a.m. – 9 p.m. Mar 27 – Jun 18

Fees: \$2.00 10 visit pass for \$20.00

Location: Fitness/weight room



Athletics

Adult Sport Drop-In Fee

Beginning January 1, 2005, the City of Seattle will charge an Adult Sport Drop-in fee during all operating hours. The fee is \$2.00 per session for adults and \$1.00 per session for seniors. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming.

Senior Pickleball

Mon – Fri 11 a.m. – 1 p.m. Mar 27 – Jun 18

Fees: \$2.00 \$1 for seniors over 65. \$20, 20 visit punch card for seniors & \$20, 10 visit for adults 18 to 64.

Location: Gym 1

Adults

Adult Basketball

Age: 18+

M, W, F

1–3 p.m.

Tue, Wed

7 – 9 p.m. Mar 27 – Jun 18

Fees: \$2.00 \$1 for seniors over 65. \$20, 20 visit punch card for seniors & \$20, 10 visit for adults 18 to 64.

Location: Gym 2



Adult Drop-in Badminton

Mon, Thu 7 – 9 p.m. Mar 27 – Jun 18

Fees: \$2.00 \$1 for seniors over 65. \$20, 20 visit punch card for seniors & \$20, 10 visit for adults 18 to 64.

Seniors

G.A.P. (Grandparents as Parents)

Nobody really knows what it's like to be a grandparent or other relative raising children! It is a different ballgame from being the natural parent of children. There are unique stresses, pressures and issues to be faced.



Spring 06

Instructor: Indiana Allen - Group Facilitator

Tuesdays 6 – 8:30 p.m. Mar 14 – Jun 13

Fees: Free, 2nd & 4th Tuesday of every month.

Location: Multi-purpose

Senior Adults

Sound Steps Hikes

Free

For questions, call Mari at 206-684-4664. For each hike, bring your own lunch; dessert is provided. To register, please call Mari by the Monday before.

Fri, Apr 28: Twin Falls in Olallie State Park
9 a.m. – 2:30 p.m.

Fri, May 12: Lower Tiger Mountain
9 a.m. – 2 p.m.

Fri, Jun 16: Denny Creek and Franklin Falls
9 a.m. – 2 p.m.

Field Trips

For information about these trips, Angela Smith, 206-684-7484, or angelap.smith@seattle.gov.

Tulips In La Conner

\$8

Tue, Apr 11 9 a.m. – 4:30 p.m. Reg. Mar 27

Spring Spruce-Up \$1 Transportation

Tue, Apr 18 9:45 a.m. – 2:30 p.m. Reg. Apr 3

Port Orchard Tea Room \$7

Tue, Apr 25 9:30 a.m. – 4 p.m. Reg. Apr 10

Levensworth Maifest \$29

Sat, May 13 8:45 a.m. – 6 p.m. Reg. Apr 17

A Day of Herbs \$12.50

Tue, May 23 10 a.m. – 2:30 p.m. Reg. May 1

Columbia City & Farmers Market \$2

Wed, May 31 11 a.m. – 4 p.m. Reg. May 15

Antique Roses and Flower World \$7

Tue, Jun 6 9 a.m. – 4 p.m. Reg. May 22

Senior Adults

Southeast Registration Information Classes/Special Events

Angela P. Smith, Recreation Specialist CTRS
206-684-7484

E-mail: angelap.smith@seattle.gov

Spring Quarter Dates: April 3 – June 16

No classes: Memorial Day, Monday, May 29

Class Registrations: Begin March 20 at 8 a.m.
by calling 206-684-7484

All Class Payments: Please make checks payable to: Senior Adult Advisory Council ("SAAC").
Mail payments to: Senior Adult Programs, Attn: Angela – SE, 8061 Densmore Ave N, Seattle, WA 98103-4436.

Southeast Sector Sites

Rainier Beach CC.....8825 Rainier Ave S

Enhance Fitness **\$20 – 1 day/wk**

Aerobic fitness designed for seniors with the option to use a chair for support. Improve balance and cardiovascular health plus measure your progress in this low-impact class. Group Health Reimbursement.

Mon/Fri 9:15 – 10:15 a.m. Rainier CC

Drop-In Pickleball **\$2 drop-in (\$1 age 65+)**

A terrific game. Fun and exercise in one great package!

Mon – Fri 11 a.m. – 2 p.m. Rainier CC

★New!★ Line Dancing **\$20 – 1 day/wk**

Get on that dance floor and move to the music! Great for the body & soul! No experience or partner needed.

Instructor: Jayla McGill

Thursdays 1 – 2 p.m. Rainier CC

Sound Steps Walks & Classes **Free**

Sound Steps is a free walking program for senior adults! Meet new friends, win prizes, and enjoy the many health benefits of walking. For questions and to register, call **Sound Steps Coordinator Mari Becker at 206-684-4664.**

Drop-in Pinochle

Free

Welcoming all levels of play. Come exercise your mind!

Tuesdays

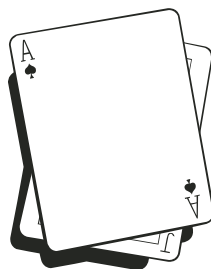
Noon – 3 p.m.

Rainier CC

Fridays

Noon – 3 p.m.

Rainier CC



Drop-in Bridge

Free

It's in the cards you'll have a great time!

**Wednesdays Noon – 3 p.m.
Rainier CC**

Bridge Tournament **\$5/player**

Duplicate open pair bridge. Represent your local community center or agency. Prizes and refreshments provided. Register by May 10.

Wed, May 17 10 a.m. – 2 p.m. Rainier CC

Medicare Q & A

Free

Untangle the confusion with the new Medicare advantage program. If you are 65 years and over, don't hesitate! Open enrollment ends May 15.

Louis H. Drake, CWP will be present to assist you.

Wed, Apr 12 11 a.m. – Noon Rainier CC

Hat Fashion Show & Dinner **\$4/person**

Hats Exclusively For You, a local shop in Renton, presents a fabulous hat fashion show for men, women, and children. Pull out your best hat and show it off too!. Enjoy dinner and door prizes as we anticipate a wonderful show. Reservation required by calling 206-684-7484.

Mon, Apr 10 6 – 7:30 p.m. Rainier CC



Spring Spruce Up

The Seattle Central Cosmetology School will be onsite to provide you with a day of pampering; haircuts, manicures, facials, makeovers. Massage therapy also given. Light refreshments provided. **Register by April 14th.**

Location: Rainier CC

Time: 10 a.m.-2:30 p.m.

Fees: \$3.50 admission

ReWA

Refugee Women's Alliance

The Refugee Women's Alliance is a nonprofit multi-ethnic organization that promotes inclusion, personal leadership and strong communities by providing refugee and immigrant women and families with culturally and linguistically appropriate services. ReWA advocates for social justice, public policy changes, and equal access to services while respecting cultural values and the right to self-determination.

Youth Program Tutoring Classes

Refugee Women's Alliance's (ReWA) offers a tutoring session for students in primary, middle, and high school. ReWA staff and volunteers work with students on homework, test taking, group work, computer literacy, and other school-related projects.

Tutoring is available after school during the school year. For more information please contact ReWA directly at 206-721-0243.

Tuesday & Thursday

4 – 6 p.m.

Education and Training Classes

Refugee Women's Alliance's (ReWA) Education and Training programs offer interested refugees and immigrants Basic Literacy ESL (Level 1-2), Pre-employment ESL (Level 2-4), and Vocational Training courses (Level 2-4) in Childcare, Home Healthcare, Hotel, and Custodial Skills. These classes help participants gain language skills so they can advocate for themselves and their children, access community resources, improve their lives and secure and maintain livable-wage employment.

Please call 206-721-0243 for further details.

Parenting Education Classes

Refugee Women's Alliance (ReWA) offers a "Parenting Education Workshop" in cooperation with WPCAN. Join us for a 6-week class that is designed to help you

- Develop good communication with your children;
- Learn positive discipline techniques;
- Gain a better understanding of the American school system and ways to be involved in your child's education;
- Prevent your child from participating in unlawful activities; and
- Learn about resources available to children and families.



All ReWA classes require enrollment.

Class size is limited and available on a first-come, first-served basis.

For more information about any ReWA program please contact us at

4008 Martin Luther King Jr. Way S. • Seattle, WA 98108

206-721-0243

Rainier Beach Pool Spring 2006 Schedule

April 10 – June 25, 2006

Monday & Wednesday (Pool closed May 29)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6:00 – 7:00 p.m.	Public Swim (3 lap lanes)
11:30 a.m. – 12:30 p.m.	Stretch & Flex	7:00 – 8:30 p.m.	Lap Swim
12:30 – 1:30 p.m.	Water Aerobics	7:00 – 8:00 p.m.	Water Aerobics
4:00 – 6:00 p.m.	Youth Lessons		

Tuesday & Thursday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6:00 – 8:30 p.m.	Lap Swim (3 lanes)
11:45 a.m. – 12:30 p.m.	Aqua Jogging	7:00 – 7:30 p.m.	Adult Lessons
3:30 – 4:30 p.m.	Arthritis Water Exercise	7:30 – 8:30 p.m.	Water Aerobics
4:30 – 7:00 p.m.	Youth Lessons		

Friday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	5:30 – 7:00 p.m.	Public Swim*
11:30 a.m. – 12:30 p.m.	Stretch & Flex	5:30 – 8:00 p.m.	Lap Swim (3 lanes)
12:30 – 1:30 p.m.	Water Aerobics	7:00 – 8:00 p.m.	Water Aerobics
5:00 – 5:30 p.m.	Youth Lessons		

Saturday (Pool closed May 20)

9:00 – 10:00 a.m.	Lap & Senior Swim	Noon – 1:30 p.m.	Lap Swim
9:00 – 10:00 a.m.	Water Aerobics	12:30 – 1:00 p.m.	Adult Lessons
10:00 a.m. – Noon	Youth Lessons	1:30 – 3:30 p.m.	Public Swim
Noon – 12:30 p.m.	Tots Lessons		

Sunday

11:00 a.m. – 12:30 p.m.	Youth Lessons	1:30 – 2:30 p.m.	Family Swim (\$2 each)
Noon – 1:30 p.m.	Lap & Senior Swim (6 Lanes)	2:30 – 4:30 p.m.	Public Swim

Public Swim \$3.75/\$2.75

Open Pool time for all ages and all abilities. Children shorter than 4' must be accompanied in the pool by a responsible adult. All children must pass a deep water test to swim in the deep end. **Lesson participants staying after lessons for public swim must pay fee before lesson.**

Everyone gets a cool hand stamp!

MW 6 – 7 p.m. Sat 1:30 – 3:30 p.m.

Fri 5:30 – 7 p.m. Sun 2:30 – 4:30 p.m.

Family Swim \$2 per person

Drop-in program for all ages. Children under 18 must be accompanied into the pool by a responsible adult. A quieter time for families to use the pool together. This is a year round drop-in program. All admissions are the

special discount price of \$2 per person. Children under 1 year old are free.

Sundays 1:30 – 2:30 p.m.

Teen Late Night Free Swim Free!

Please note that the swim schedule is subject to change without notice due to swim meets and/or other unforeseen events. Admission will be on a first-come, first-served basis. Please be prompt; space is limited. Everyone must sign in.

Free Swim is every other Friday 9 to 10:30 p.m. unless otherwise specified.

Age: Teens, 13 – 19 years old

Please call 206-386-1944 for specific dates.

Rainier Beach Pool

Spring 2006 Swim Lesson Times

Class	M/W PM	T/Th PM	Friday	Saturday	Sunday
Tots 6 mos. – 4 yrs.		6 – 6:30		Noon – 12:30	
3 Year Olds	5 – 5:30	5 – 5:30		11:30 – Noon	
Preschool 4 & 5 yrs Lvl 1–3	4 – 4:30 5 – 5:30	5 – 5:30 6 – 6:30		10 – 10:30 11:30 – Noon	Noon – 12:30
Beginner Youth 6 – 15 years Levels 1 to 3	4:30 – 5 5:30 – 6	4:30 – 5 5:30 – 6 6:30 – 7	5 – 5:30	10 – 10:30 10:30 – 11	11:30 – Noon
Advanced Youth 6–18 yrs Lvl 4–6	5 – 5:30 (A4) 5:30 – 6	5 – 5:30 (A4) 5:30 – 6		11 – 11:30 11:30 – Noon (A4)	11 – 11:30
Seniors/Adults 16 years & up		7 – 7:30		12:30 – 1	
Swim Team Prep		6 – 6:45			
Youth Fitness Swimming				10 – 11	
Adult Stroke Refinement	Wed 6:30 – 7				



Swim Lesson Registration Information

Spring Open Registration begins Tuesday, April 11 after 2 p.m.



Session	Program Dates	New Registration	Classes	Price
I Mon/Wed	April 17 – May 17	April 11 after 2 p.m.	10	\$50
I Tue/Thu	April 18 – May 18	April 11 after 2 p.m.	10	\$50
I Fri	April 21 – June 16	April 11 after 2 p.m.	9	\$45
I Sat ¹	April 22 – June 17	April 11 after 2 p.m.	8	\$40
I Sun	April 23 – June 18	April 11 after 2 p.m.	9	\$45
II Mon/Wed ²	May 22 – June 14	May 19 after 2 p.m.	7	\$35
II Tue/Thu	May 23 – June 15	May 19 after 2 p.m.	8	\$40

¹No lessons Saturday, May 20, Pool closed for staff training

²No lessons Monday, May 29 (Memorial Day)



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for one FREE session of swimming lessons for all 3rd and 4th grade students in Seattle. This program is available to each child regardless of ability. For more “Learn to Swim” information, please call Rainier Beach Pool at 206-386-1944 or visit our web page at www.seattle.gov/parks/aquatics/learntoswim.htm

You can make a difference!

The Rainier Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Rainier's Advisory Council is always looking for new members. Meetings are held on the third Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Rainier Advisory Council members also create scholarship opportunities through grant writing and other fund-raising activities. If you'd like to get involved, please contact Ian Hallock at 206-386-1919.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206)

684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about rentals, please view our facility rental brochure (<http://www.seattle.gov/parks/reservations/Facrentalguide.htm>).

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



Seattle Parks And Recreation Program Registration Form

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



Registration Procedures:

1. Please complete registration form entirely.
2. Payment **MUST** accompany registration.

Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: _____ Sex: Male Female
Last First MI (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____ (____) _____
Name Phone Relation

☐ **PARTICIPANT** info differs from above. How does it differ? _____

PARTICIPANT <small>(please print full name)</small>	M/F	BIRTHDATE <small>(mm/dd/yyyy)</small>	COURSE TITLE <small>(Non-Day Camp Activities ONLY)</small>	1 ST CHOICE		ALTERNATE		
				DATE(S)	START	DATE(S)	START	
								\$
								\$
								\$
								\$
*Acceptance of this request does not guarantee enrollment into a class (see back for more information).								\$
TOTAL								

How would you like to pay?

Person making payment _____
(required for proper refunding)

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # _____

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref#) _____

**PLEASE INCLUDE
PAYMENT**

Card #: _____ Expires: _____
 Name as it appears on card: _____
 Signature: _____

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

For Office Use Only:

Community Phone Numbers

Recreation Information

Public Information 684-4075
Compliments/Concerns 684-4837
Ballfield Rainout Hotline . . . 233-0055
Citywide Teen
 Program Advocate 684-7136
Environmental Stewardship . 733-9701
Field/Tennis Court Scheduling.. 684-4077
Group Field/Tennis Court
 Scheduling 684-4082
Picnic Scheduling 684-8021
Teen TREC Program. 684-7097

Sports Information

Amy Yee Tennis Center 684-4764
Citywide Adult Athletics. . . . 684-7092
Citywide Youth Athletics. . . . 684-7091
Field/Tennis Court Scheduling.. 684-4077
Group Field/Tennis Court
 Scheduling 684-4082

School Information

African American Academy .. 252-6650
Aki Kurose. 252-7700
Asa Mercer 252-8000
Cleveland 252-7800
Dearborn Park. 252-6930
Franklin.. 252-6150
Hawthorne. 252-7210
John Muir 252-7400
St. Edwards 725-1774
Thurgood Marshall 252-2800
Transportation. 252-0900
Whitworth.. 252-7560

Special Programs

Senior Adult Programs
 Citywide 684-4951
 Southeast.. 684-7484
Special Populations
 (Youth/Adult) 684-4950

Special Interests

Aquarium 386-4320
Woodland Park Zoo 684-4800
Green Lake
 Small Craft Center 684-4074
Mt Baker Rowing
 & Sailing Center 386-1913
Daybreak Star
 Cultural Arts Center 285-4425
Langston Hughes
 Performing Arts Center . 684-4757
Camp Long Environmental
 Learning Center. 684-7434
Carkeek Park Environmental
 Learning Center. 684-0877
Discovery Park Environmental
 Learning Center. 386-4236
Seward Park Environmental
 Learning Center. 684-4396



Community Services

Columbia Health Clinic 296-4650
Metro Transit Rider Info. . . . 553-3000
Police — Non-emergency . . . 625-5011
Police — Southeast Precinct 386-1850
Rainier Chamber of Commerce 725-2010
Rainier Cultural Arts Center. 725-4197
Southeast Neighborhood
 Service Center 386-1931
Southeast Youth
 & Family Services 721-5542

Community Centers

Alki 684-7430
Ballard. 684-4093
Bitter Lake 684-7524
Delridge 684-7423
Discovery Park 386-4236
Garfield 684-4788
Green Lake 684-0780
Hiawatha 684-7441
Highpoint 684-7422
Jefferson 684-7481
Laurelhurst 684-7529
Loyal Heights 684-4052
Magnolia. 386-4235
Meadowbrook 684-7522
Miller 684-4753
Montlake 684-4736
Queen Anne 386-4240
Rainier. 386-1919
Rainier Beach 386-1925
Ravenna-Eckstein.. 684-7534
Sand Point. 684-4946
South Park. 684-7451
Southwest.. 684-7438
Van Asselt.. 386-1921
Yesler 386-1245

Swimming Pools

Ballard. 684-4094
Evans 684-4961
Madison 684-4979
Meadowbrook 684-4989
Medgar Evers 684-4766
Queen Anne 386-4282
Rainier Beach 386-1944
Southwest.. 684-7440
Colman **(Summer only)** 684-7494
Mounger **(Summer only)** . . . 684-4708

Rainier Community Center
4600 38th Ave S
Seattle, WA 98118-1673
206-386-1919

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